

Intervention: Interactive programs

Finding: Sufficient evidence for effectiveness

Potential partners to undertake the intervention:

- | | |
|---|--|
| <input type="checkbox"/> Nonprofits or local coalitions | <input type="checkbox"/> Businesses or labor organizations |
| <input checked="" type="checkbox"/> Schools or universities | <input type="checkbox"/> Media |
| <input type="checkbox"/> Health care providers | <input type="checkbox"/> Local public health departments |
| <input type="checkbox"/> State public health departments | <input type="checkbox"/> Policymakers |
| <input type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other: |

Background on the intervention:

Interactive programs provide contact and communication opportunities to facilitate the exchange of ideas among participants and encourage learning of skills such as drug refusal. Role play, group discussion, and small-group activities are used to help promote involvement in the learning process. Students who receive feedback and constructive criticism in a non-threatening atmosphere are better able to practice newly acquired skills.

Findings from the systematic reviews:

Evidence indicates that interactive programs are significantly more effective in affecting adolescent drug behavior than non-interactive programs. The exchange of ideas and experiences between students, along with the opportunity to practice new skills and obtain feedback, acts as a catalyst for change.

Limitations/Comments:

Interactive programs based on social learning theory, which includes the development of social competencies, norms, and social reinforcement, are most effective.

References:

Cuijpers P. Effective ingredients of school-based drug prevention programs. A systematic review. *Addict. Behav.* 2002 Nov-Dec; 27(6):1009-1023.

McBride N. A systematic review of school drug education. *Health Educ. Res.* 2003 Dec; 18(6):729-742.

Midford R, Munro G, McBride N, Snow P, Ladzinski U. Principles that underpin effective school-based drug education. *J. Drug Educ.* 2002; 32(4):363-386.

Thomas H, Siracusa L, Ross G, Beath L, Hanna L, Michaud M, et al. Effectiveness of school-based interventions in reducing adolescent risk behaviour: a systematic review of reviews. March 1999.

Tobler NS, Roona MR, Ochshorn P, Marshall DG, Streke AV, Stackpole KM. School-based adolescent drug prevention programs: 1998 meta-analysis. *Journal of Primary Prevention* 2000; 20(4):275-336.